

Whiteman at War

THE B-2 SPIRIT: DEFENDER AVENGER



WHITEMAN SPIRIT



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Photo by Airman 1st Class Nick Martin

Staff Sgt. David Rohde, 509th Aircraft Maintenance Squadron dedicated crew chief, applies an Operation Iraqi Freedom decal to the *Spirit of Arizona* Monday. Lt. Col. Charles Johnson, 509th AMXS commander, presented

each crew chief with decals representing the number of OIF missions flown by their B-2. The *Spirit of Arizona* flew seven Operation Allied Force and four OIF missions.

B-2 strikes Baghdad communications tower

By Senior Master Sgt. Rick Burnham
Air Force Print News

WASHINGTON — An Air Force B-2 Spirit bomber shook downtown Baghdad after hitting a key communications facility with precision-guided munitions March 27.

Massive plumes of smoke and debris rose from the target, a large tower on the east bank of the Tigris River. Officials at Operation Iraqi Freedom's Combined Air Operations Center said the strike was meant to degrade the ability of the Saddam

Hussein regime to control the actions of Iraq's military forces.

In a press briefing March 28, U.S. Central Command officials credited coalition air forces with conducting a number of successful strikes against Iraqi sites in Baghdad and near the Kuwaiti border.

Army Brig. Gen. Vincent Brooks, CENTCOM deputy operations officer, told reporters at the command's forward headquarters in Doha, Qatar, that strikes were designed to hinder Iraqi command and control, as well as the regime's ability to attack neighboring countries.

"Our direct attacks against the regime, its structures and its units are focused on communication systems, hiding places and surface-to-surface missiles that continue to threaten coalition forces and neighboring countries," he said. "With each engagement, the regime loses more of its ability to deny freedom to the Iraqi people."

The general displayed several mission videos in which Iraqi facilities and equipment were destroyed, including a mobile-missile launcher site.

"We have established combat air patrols near the areas where most of the

launches are occurring," he said. "We have been successful in destroying a number of launchers before and after they were fired and are actively hunting for them."

The general said each target, along with the weapon system used, is chosen to create a specific effect.

"The degree of destruction that is sought after varies depending on what type of weapon system we choose and what the desired effect is," Brooks said. "Each attack against a military target removes an option from the regime."

Commander's Corner



By Col. Doug Raaberg
509th Bomb Wing Commander

B-2 COMBAT CHRONICLES CONTINUE. We are on a war footing at Whiteman AFB. The 509th Bomb Wing continues to make combat history with the B-2 Spirit.

In less than 13 days of aerial combat operations, we've set a blistering pace of target kills that has never been seen before ... more than 500 specific targets have been struck with what appears to be 100 percent accuracy. At the outset of Operation Iraqi Freedom, we have maintained a persistent presence of B-2s over the skies of Iraq and specifically Baghdad, with no let up in sight. Yet, the telltale mark of our accomplishment is squarely resident in the team effort it takes to sustain this effort.

The 509th Munitions Squadron bomb builders have been turning out "hot" ordnance with a continued vigor that has kept the 509th Aircraft Maintenance Squadron weapons loaders gainfully employed every day. In turn, our 509th Operations Support Squadron targeteers, weaponeers and intelligence team are providing masterful products for the mission planning cell to build the combat folders for our pilots.

Take a closer look at the flight line and you'll see every specialty from crew chiefs and avionics to E&E and hydraulics orchestrating the best-kept fleet of aircraft to make each launch a reality. Finally, when these stealthy jets return, our low-observable team has done a magnificent job turning each aircraft back into a pristine combat-ready air vehicle.

However, there are thousands in the 509th who put this entire effort into motion and you ought to take a pat on the back for your individual energy that has electrified our combat operations — we're getting the mission done, right! Your Air Force has flown more than 5,000 strike and counter air sorties since the opening salvo from our B-2s.



Photos by Master Sgt. Mike Nixon

Army Spc. Bryan Shaughnessy crawls out from underneath a tanker truck after performing a security inspection on the vehicle Tuesday. Shaughnessy is currently assigned to the 509th Security Forces Squadron and is a member of the Missouri Army National Guard's 110th Engineer Battalion from Lexington, Mo. The 110th was called up to help Whiteman with its security, and its members are an integral part of the success of the 509th Bomb Wing's mission in Operation Iraqi Freedom.

The Coalition Force Air Component Commander, Lt. Gen. "Buzz" Moseley, clearly indicated, "We have a decisive plan that we've all agreed to. We are currently killing the leadership and destroying the Iraqi regime and military — 'on plan.' It's working."

I could not be more proud of your dedication to have the 509th's bombers soaring in this air campaign ... our plan is working!

THE 442nd FW IS OFF TO WAR.

We bid farewell and good hunting. This week the 442nd Fighter Wing packed up their A-10 Thunderbolts, people and equipment and moved out to support OIF efforts. Their deployment, added to the 700 members of the 509th Bomb Wing supporting OIF and AEF 8, means life around Whiteman may be a little quieter.

On behalf of Col. Roger Disrud, 442nd FW commander, and myself, we would like to publicly thank the employers and community for their unwavering support of our team. During these tough times of rapid call-ups combined with the focused attention on war preparation, we, too, swell with pride. At the patience of our business leaders, they're accepting the challenge of one less employee at work

who has gone to do their service for our nation. It's a mutual service that is equally recognized by us and we thank you. Furthermore, our community support continues to bolster our wing's families who mean so much to us. Thank you for your strong "wingman" support!

VIGILANT SFS AIRMEN RECOGNIZED. You have a secure base. Our operational security has been nothing short of "tight." Though it may appear to be an inconvenience at the gates, that vigilance of our 509th Security Forces Squadron team has been a necessary factor of our combat operations. Bear with them.

Let me share my personal thank you to Airman 1st Class Stephan Zdebski and augmentee Senior Airman Aaron Tade-wald for their keen vigilance from the Y-2 post the evening they called for a security check on a stranger near the fuel tanks on the flight line. Because of their procedures, they were able to quickly identify the stranger — a very focused wing commander watching that night's B-2 launches. If these two airmen represent our security apparatus, then you ought to feel good the entire team is keeping us safe. Congratulations to these two airmen ... keep



Staff Sgts. Michael Copeland and Robert Hall secure a Joint Direct Attack Munition into the bomb bay of a B-2. The sergeants are weapons specialist assigned to the 509th Aircraft Maintenance Squadron.

your commander coins in you pocket ... I still may challenge you in a different way!

WHITEMAN SPIRIT AWARD TO ALL.

I would simply say that everyone at Whiteman deserves this week's Whiteman Spirit Award. We've reached new heights because of your team efforts. Congrats. As a side note, to show you how much spirit there is on this base, go to Mission's End and look at the display case near the officer's bar area — thank you to 1st Lt. Rosaiah Manigault, 509th OSS, for turning our mug (and display) in the right direction ... "Twelve O'clock High!"

WHITEMAN'S NEWEST CHIEFS

INDUCTED. Between the 509th BW and the 442nd FW our newest chiefs were inducted into the Whiteman Chief's Group. The 509th alone blazed a trail with the highest selection rate in the Air Force with nine great Americans named chief master sergeant. Saturday they were honored with an induction ceremony that was both meaningful and historical. They're now part of the elite chief's group and are charged with shaping tomorrow's Air force. Chiefs ...we salute you for your dedication, service and excellence.

CONGRATS CMSGT. BERNIER.

Give our "Jeep" Chief a pat on the back ... Chief Master Sgt. Glenn Bernier, 509th SVS, takes the honor of being our newest chief. Thank you for the honor to re-enlist you today, Chief!

SAFETY IS FIRST. With the warm weather here, comes a more relaxed atmosphere to have fun, perhaps to do some much needed yard work. Before you jump on that motorcycle for a cruise or rev up that mower, please take a moment to wear the right equipment and take it a little slower. We need you for the mission.

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WHITEMAN SPIRIT

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The deadline for article submissions to the Whiteman Spirit is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.af.mil or write to us at:

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Courtesy photo

OPERATIONS IRAQI FREEDOM — More than 200 509th Bomb Wing crew chiefs, specialists, weapons loaders, pilots, munitions specialists and structures troops are deployed in support of Operation Iraqi Freedom. Here, many of them give a “thumbs up” for their support of OIF missions.

Stealth bomber sets team up for victory

By 1st Lt. Christine Millette

40th Air Expeditionary Wing Public Affairs

OPERATION IRAQI FREEDOM — The B-2 Spirit multi-role bomber has joined forces with the B-52 Stratofortress, B-1 Lancers and KC-135 Stratotanker at a forward-deployed location.

As forces build up throughout the U.S. Central Command’s area of responsibility, the B-2 is a prime asset to the coalition team.

“Every airframe and every team member brings different skills and different abilities to the fight,” said Col. George Gagnon, 40th Expeditionary Operations Group commander. “With the integrated team that we’ve developed at this location, we’re ready to take on any task that the commander in chief asks of us.”

Adding to the capabilities of the B-52s and the B-1s already in the area, the B-2’s low-observable — or stealth — characteristics give it the ability to penetrate an enemy’s most sophisticated defenses and threaten its most valued and heavily defended targets.

“Our primary job is ‘kicking the door down,’ as we like to say,” said 1st Lt. Matthew Hasson, 509th Bomb Wing public affairs officer. “We clear out the integrated air defenses that pose a threat to the other, less-stealthy airframes.”

Able to carry 40,000 pounds of armament, the B-2 clears the way for the 70,000-pound payload of the B-52 in critical areas, Gagnon said.

“Working as a team, we’ll destroy, disrupt and degrade all of the enemy’s capabilities for a decisive victory,” the colonel said.



Photo by Senior Airman Nathan Bevier

OPERATIONS IRAQI FREEDOM — A B-2 Spirit takes off for an Operation Iraqi Freedom bombing mission while other aircraft from the 40th Air Expeditionary Wing prepare to launch from a forward-deployed location. The B-2’s stealth characteristics give it the ability to penetrate an enemy’s most sophisticated defenses and threaten its most valued and heavily defended targets.

This space is reserved for advertisements



Courtesy photo

OPERATION IRAQI FREEDOM — Maj. Kevin Stroud, 509th Aircraft Maintenance Squadron, pauses for a photo opportunity. He's deployed as the 509th Expeditionary Aircraft Maintenance Squadron commander.

Deployed 509ers appreciate strong support from home

By Maj. Kevin Stroud
509th Expeditionary Aircraft Maintenance Squadron Commander

OPERATION IRAQI FREEDOM — It's becoming routine: the distinctive sound of the mighty B-2 surrounds my tent as a number of them prepare for another combat sortie over Iraq. I just finished a walk by every jet and shook the hands of the proud crew chiefs, who know there really is no reason for that running spare because their jet will go.

Out on the ramp, there were more than crew chiefs. There were jet troops as well as fuels, structures, weapons and other specialists ensuring those jets make it off on time once again. There were no job boundaries. Everybody helped everybody make it happen.

I'm writing this because everyone back home needs to know the remarkable work their husbands, wives, sons and daughters at this forward-deployed location are doing. Your deployed family members are doing nothing short of winning this war and they fully deserve your pride in them.

I'll never forget the first night of the war when a congested flight line became a sort of well-orchestrated chaos as the entire team here launched bomber after bomber and then tanker after tanker. Everyone was at work that day and no one will forget.

It was easily the highlight of my 23 years in the service. I've never seen teamwork like was displayed that day and your warfighters made it happen.

Your warfighters exceed expectations and make it look easy. They are saving an

untold number of lives by ensuring every sortie gets off the ground on time. They are working long, hard hours in a hot sun, going home to tents, sharing communal restrooms and showers, eating chow hall food or box lunches, and living away from loved ones.

But, I can assure you, I haven't heard one complaint. They're part of history, they're rewriting the B-2's future, they're winning a war and they know it.

Now comes the main purpose for this article. I want to personally thank each of these professional's families for the support back home. Your folks have heard the heartfelt "well done" from me, the chief, supervisors, pilots, group commanders and wing commanders, and they watch live the results of their efforts on CNN.

While I know our troops appreciate the pats on the back, I also know they would be meaningless without the strong support of their families. Every family member back home has answered the call for his or her part in this war.

You have taken care of the home front and allowed my troops to focus on the job at hand. You have passed on how proud you are of the jobs that mom, dad, sister, brother, husband, wife, etc. are doing to make our world safer. Everyone has made a huge difference in this operation and you should be proud.

You've allowed me to be the deployed commander of the greatest group of professionals I've had the pleasure of working with. You truly are American patriots. Thank you.

The Whiteman Spirit wants to feature you.

Do you, or does someone you know, have a story idea you'd like to see in the paper?

Let our staff know about it.

For more information, call 687-6133 or e-mail whiteman.spirit@whiteman.af.mil.

Unit deployment managers make it possible

By Airman 1st Class Nick Martin

Public Affairs

Phones ring, waking them from a sound sleep. As they clear their eyes, they pick up a phone and instructions filter into their ears. Now, they must make the other phones ring.

"We are the unknown people of deployments: the ghosts behind the mirror making all the tricks work right," said Tech Sgt. Scott Lique, 509th Maintenance Squadron.

Lique is one of more than 90 unit deployment managers here ready to answer the call for deployment. UDMs are responsible for the constant readiness of manpower and equipment that deploy in support of Air Force needs.

"You have to be ready for changes at all times because it's the nature of the beast. You may think it's the UDM that makes the changes, but mission requirements always drive the changes," said Lique. "So, if your UDM calls in the middle of the night to change your plans for vacation, please be patient. We have reasons for it."

UDMs are a select group of volunteers directly respon-

sible for ensuring everyone on mobility status is fully trained and available to deploy at a moment's notice. They act on behalf of the commander in supervising and controlling unit deployments. The official function of a UDM is to act as the 509th Logistics Readiness Squadron's point of contact for mobility and deployment matters.

"We affect everyone in our squadrons. At times, we have our hands full," said Master Sgt. Howard Norvell, 509th Aircraft Maintenance Squadron. Norvell said personnel readiness folders are maintained for everyone in each squadron and reviewed at least twice a year.

The personnel readiness folders are used to track immunizations, chemical warfare training, self-aid and buddy care training, law of armed conflict training, force protection and small arms training. The UDMs use the folders to schedule training, ensure deploying members are medically cleared and verify required information is current. UDMs also ensure the members are eligible for deployment.

"We're responsible for making the transition from home



Photo by Airman 1st Class Nick Martin

Tech Sgt. Scott Lique, 509th Maintenance Squadron unit deployment manager, reviews Staff Sgt. James Hecker's personnel readiness folder. Hecker is a member of the 509th MXS.

station to the forward operating location as smooth as possible for deploying members. We give our people the necessary equipment, training and information for a successful completion of the commitment," said Lique.

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Photo by Airman 1st Class Nick Martin

Tech Sgt. Darla Rush gives instructions to airman leadership school Class 03-D member Senior Airman Lucky Talmage during an ALS open ranks.

ALS graduates 31 future NCOs

Airman leadership school Class 03-C graduated 31 senior airmen in a ceremony March 20 at Mission's End.

The award winners were:

Michael Becker, 509th Civil Engineer Squadron, John L. Levitow and Leadership awards.

Travis Anderson, 509th Logistic Readiness Squadron, and **Keith Jessie**, 509th Medical Group, Distinguished Graduates.

Donald Popham, 509th Communications Squadron, Academic Achievement Award.

The other graduates were:

Dennis LaCoste, **Tanner Maxon** and **Michael Gallagher**, 509th LRS, **Thomas Adams**, **Seth Hardy**, **Brian Deweerd**, **Ericka McDaniel**, **Steven**

Roberts and **Matthew Youkey**, 509th Aircraft Maintenance Squadron,

Erika Cudjoe, **William Daffern**, **Brandon Roggow**, **Jeffery Schroeder**, **Donald Green**, **James Loiacano**, **Torrey Ollerman** and **Andrew Wilder**, 509th Maintenance Squadron,

Caleb Dick and **Sean Byerly**, 509th CS,

Randee Dietrick, **Fabrice Bazilme** and **Armando Ruano**, 509th Operation Support Squadron,

Michael Hensley and **Joshua Ferriell**, 509th Security Forces Squadron,

Kimberly Hernandez, 509th MedGp, **Michael Gilkeson**, 509th Mission Support Squadron, and

Jennifer Royer, 509th Services Squadron.



Photo by Staff Sgt. Francesca Popp

Airman 1st Class Nicole Lineberry and Master Sgt. James Delap, 509th Maintenance Operations Squadron, talk about cell phone use in uniform.

1st Sergeant's View

(Editor's note: The 1st Sergeant's View gives Whiteman first sergeants a chance to remind people of correct uniform wear, customs and courtesies, and proper military decorum. Each week, a different first sergeant will share their view.)

By Master Sgt. James Delap

509th Maintenance Operations Squadron

How many people have cell phones? How many people carry cell phones with them all the time? Do you have yours with you now? Is it required to perform your job? Do you know how to properly wear or carry it if it's required to perform duties? These are questions you must ask yourself.

Cell phones are a great convenience. They have increased our safety when traveling, they help us keep in touch so we know to stop and get that gallon of milk on the way home, and for some they have increased mobility — no more sitting at home waiting for the phone to ring.

However, there are some hazards associated with cell phones, too. Have you ever tried to make a phone call while driving or answered your phone while driving? By doing either of these things, you're putting yourself and others at risk. Driving is a

dangerous activity requiring your full attention. If you must make a call or answer the phone, pull over to the side of the road, have your conversation then resume your trip.

Another inappropriate place I see people using cell phones is at work. Have you ever seen people sitting at their desk talking on their cell phone?

When you ask them why they're talking on the cell phone at work, you hear, "Well, it was a personal call. I had to call home and tell my spouse I would be home late." These types of personal calls are OK to make from a government phone. However, using a personal cell phone at work is not OK.

Did you know using personal cell phones isn't authorized during duty hours? Air Force Instruction 36-2903, Dress and Appearance of Air Force Personnel, Table 2.6, Item 9 states, "Beepers and cellular phones clipped to waistband or purse, or carried in left hand; prohibited unless required to perform duties."

So, the next time you see people using a personal cell phone at work, take the time to correct them and make them aware it's not authorized.

This space is reserved for advertisements

Civilian employee of the week

Nancy Barnum was nominated for this award by 1st Lt. Matthew Lindstedt, 509th Civil Engineer Squadron Engineering Flight deputy chief. "Nancy continually proves her dedication and hard work while performing the duties of a secretary for the 509th CES Engineering Flight," Lindstedt said. Barnum's duties include handling the entry authorization letters for projects managed by the flight and is the Government Purchase Card holder for the squadron. "She repeatedly takes EAL and GPC ledger work home to complete during the evenings and weekends when time-constraints become too much during the work day," said Lindstedt. "Nancy is always there for the troops. She ships care packages overseas and helps manage one of our young airman's personal finances while he's deployed."



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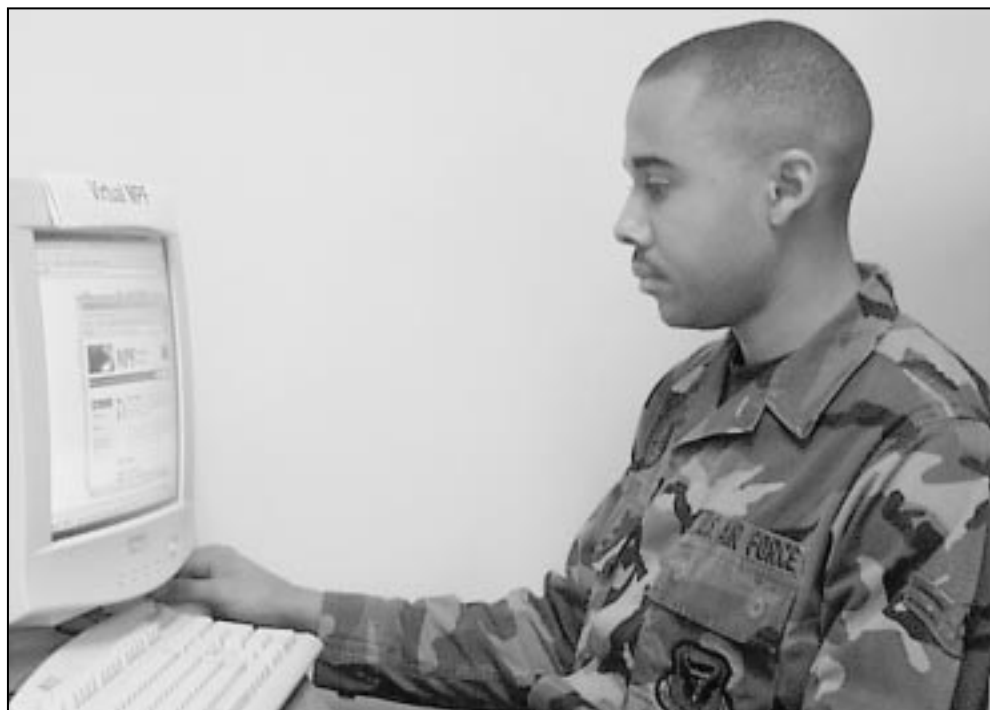


Photo by Airman Joe Laddan

Airman 1st Class Travis Smith, 509th Mission Support Squadron, reviews emergency data card information at the Virtual Military Personnel Flight station at the MPF customer service office.

'Emergency data cards' move to web

By Maj. John Thomas

Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — More than a week before its planned launch, the new Web-based 'emergency data card' helped more than 1,000 airmen in Alaska mobilize for a real-world deployment.

The program, which kicked off in late January, began early to help airmen deploy from Eielson Air Force Base, Alaska, said Air Force Personnel Center officials here. Within the first week, more than 20,000 other people completed the form upon logging onto the virtual military personnel flight on the personnel center's Web site.

Airmen can update their emergency contact information from any Web-connected computer rather than visiting their MPF.

Called the Virtual Record of Emergency Data, or vRED, the form provides the Air Force with information needed to contact family members if an airman suffers a serious illness or injury, or dies while on active duty.

The vRED replaces the Department of Defense Form 93, Record of Emergency Data, and will need to be kept updated individually. The vMPF will prompt airmen to update their emergency data upon login.

Also, the local MPF will notify airmen based on location when they must sign on and establish their initial electronic form, said Maj. Jerry Couvillion, chief of the casualty services branch here. The transition is expected to last until June; however, people at remote locations without Internet access can still use paper copies of the form.

"The biggest advantage is convenience for the customer," he said. "People won't have to stand in line at the MPF to make simple changes to their contact information."

The innovation comes as the Air Force increases its number of deployed airmen, said Maj. Gen. Thomas O'Riordan, personnel center commander.

"Updating emergency data is important," he said. "It is a crucial part of expeditionary preparation."

Accurate and current family contact information can prevent delays of medical, casualty and death benefits for airmen and family members, officials said. It also avoids hours or even days of uncertainty during which casualty teams are sometimes left to track down next of kin.

"That emergency information is essential for our casualty notification teams in case an airman becomes incapacitated or worse yet, killed," Couvillion said. "Once the member initially completes the form, they will be able to go in at any time and update specific information as needed. It's simple and saves time."

Personnel officials encourage active-duty, Guard and Reserve airmen to update their information every six months, before deployments and after moving.

On the AFPC Web page at <http://www.afpc.randolph.af.mil>, people can select the "vMPF" logo at the top of the page. New vMPF users will need to establish an account.

The online application, which will take most people about 15 minutes, requires information on relatives and their addresses.

Conveniences include drop-down menus that keep users from having to re-enter addresses common to more than one person, said Couvillion. "And if someone needs to take a break or go home to look up an address, as often happens with this form, they can log off and log back in to the same place in the form where they left off."

For more information about the vMPF, call the Air Force Contact Center at 866-229-7074.

Spring forward



Set clocks ahead one hour at 2 a.m.

Sunday for daylight-saving time.

Fire department officials said this is

also a good time to check the batteries in smoke detectors.





Photos by Staff Sgt. Francesca Popp

Chief Master Sgt. Terrance Douglas, 509th Medical Group, administers the Chief's Oath to Chief Master Sgts. Kenneth Woody, Robert McChan, David Isaacson, Pascal Bedard, Bryan Brown and Eddie Chitwood, and Senior Master Sgts. Glenn Bernier, Michael Baumeister, Ronald Riles, Terry Meads and

Michael Cassella during a formal Whiteman chief's induction ceremony Saturday at Mission's End. Chief Master Sgt. Melvin Cooper, who is deployed, was also inducted. In 2002, the Air Force selected nine 509th Bomb Wing senior master sergeants for promotion, with a 28.57 percent selection rate.

Top of the line: 12 sergeants join elite Whiteman Chief's Group



Senior Master Sgt. Glenn Bernier, 509th Services Squadron, lights his candle during the induction ceremony. The inductees who lit their candle from the chief's candle accept the charges that symbolize and officially recognize their induction to the grade of chief master sergeant.



Chief Master Sgt. James Helfst (right) presents Chief Master Sgt. Jack Winsett, 10th Air Force command chief master sergeant, with a token of appreciation. Winsett, a former member of the 442nd Fighter Wing, was the event's guest speaker. Helfst is assigned to the 509th Maintenance Group.



Chief Master Sgt. Jim Hendricks, 72nd Test and Evaluation Squadron, and Senior Master Sgt. Michael Cassella, 509th Maintenance Operations Squadron, cut the chief's cake. They are the most senior and junior chiefs here.



Chief Master Sgt. Roy Erickson, 509th Logistics Readiness Squadron, lights the blue candle at the prisoners of war and missing in action table. The candle symbolizes the sky in which the POW/MIA flew and fought — the sky that holds the promise of freedom. The table was set for one — recognizing that members of our profession are missing from our midst.

THIS WEEK'S WHITEMAN SPIRIT AWARD: TEAM WHITEMAN



Education

For more details, visit <https://www.mil.whiteman.af.mil/509mss/educ/homepage.htm>

DANTES certification offered

The DANTES certification program is offering free A+ Core Hardware and A+ OS Technologies certification testing to active-duty and Reserve members. Call 687-5750 for more information.

Community

Commissary closes for a day

The commissary will be closed Monday for its annual inventory. It will re-open at 8 a.m. for early bird shopping for 15 items or less and at 10 a.m. for regular shopping Tuesday. Call 687-5655 for more details.

Summer employment positions opening

Summer employment will be available in these positions: clerical, computer aid, lifeguard, recreation aid, library assistant, gardener and general laborer. For more information, visit the Web site at <http://www.afpc.randolph.af.mil/jobs>

Playgroup schedules events

The Mom's, Pop's & Tot's playgroup meets 10 a.m.-noon Thursdays at the Missouri Army National Guard Armory. April events include:

- ✓ Free play Thursday
- ✓ Field trip April 17
- ✓ Easter egg hunt April 24

For more details, call Chelley Plowman at 687-4342.

MOAA, AFA, Daedalians to meet

The Spirit of Missouri chapter of Military Officers Association of America, the Earl D. Clark Chapter of the

Air Force Association and the Spirit Flight Order of Daedalians meet at 6 p.m. April 17 at Mission's End. Members and their spouses can attend the dinner.

To R.S.V.P. by April 13 or for more details, call Janet Allen at 660-747-3634.

Veterinary clinic offers vaccinations

The veterinary clinic offers pet vaccinations 10:30 a.m.-2:30 p.m. Monday and 9:30 a.m.-3:30 p.m. April 21. Pet owners living on base must have their pets registered and vaccinated. For more details, call Cindy DeOrnellas at 687-2667.

Summer camp registration under way

Parents can register their children for Summer Day Camp 2003 at Warrensburg Parks and Recreation located at 445 E. Gay St. The program is open to children ages 5-12. Activities include swimming, crafts, games, field trips and more. The program begins May 29 and ends Aug. 15. Parents can register their children for half days, one-week sessions, two-week sessions and full summer specials. Call 660-747-7178 for more details.

Family Support

Call 687-7132 for details on these events or other family support center activities. Events take place at the FSC.

Employment seminar set

A seminar to help people locate jobs on base and in the local community begins at 9 a.m. Tuesday. Reservations are encouraged.

Workshop to write resumes

A hands-on workshop that helps people through the resume writing process begins at 8 a.m. Thursday. Reservations are required.

Learn marriage enrichment

A one-day class on marriage enrichment begins at 9 a.m. Friday. Both marriage partners must be present. Reservations are required.



Photo by Airman Joe Lacdan

Family feasting'

Suzette Yanders, wife of Staff Sgt. John Yanders, 509th Services Squadron, sorts through the salad bar at the Ozark Inn dining facility, as daughters, Suzette and Megan, look on. Family Night takes place 4-8 p.m. Tuesdays at the Ozark Inn, where families of deployed military members can dine. A surcharge is applied to families of staff sergeants and above. Children's meals are available. Families must bring a copy of the deployed family member's orders.

This space is reserved for advertisements

Chapel Corner

Catholic

Eucharistic Service — 11:30 a.m. Mondays, Tuesdays and Thursdays

Confessions — 4:30 p.m. Saturdays and upon request

Mass — 5 p.m. Saturdays; 10:45 a.m. Sundays; and 11:30 a.m. Wednesdays and Fridays

CCD — 9 a.m. Sundays at the base education and training center

Protestant

General worship — 9 a.m. Sundays

Gospel — 12:45 p.m. Sundays

Liturgical — 8 a.m. Sundays

Sunday School — 10:45 a.m. Sundays



Photo by Staff Sgt. Francesca Popp

Jeannine Johnson and Capt. Brian Everitt, family advocacy office, assemble a child abuse prevention month display.

Cherish our children; strengthen our families

April is Child Abuse Prevention Month. The observance raises awareness about child abuse prevention by educating people about how they can help prevent abuse and neglect of children.

The family advocacy program is launching a Blue Ribbon Campaign this month. Blue ribbons will be displayed in cans decorated by children from the youth center and will be located at the library, family support center, child development center, youth center and chapel. The blue ribbon serves as a con-

stant reminder to fight for protection of children.

An information/education board will be on display 9 a.m.-1 p.m. Saturday at the commissary. The CDC and the family child care home children will provide pictures to be displayed at the commissary throughout the month.

For more details about the blue ribbon campaign, child abuse prevention or positive parenting tips, call the family advocacy office at 687-4342. **(Courtesy of the family advocacy office)**

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SERVICES



Services Page editor.....Brenda Dail
509th Services Squadron.....687-3594

Skills Development Center **687-5691**

Stepping stone class

Learn how to make a stepping stone 9 a.m.-noon Monday, April 9 and 15. The cost is \$35 plus supplies.

Framing class

Students can learn frame and cut glass skills 9 a.m.-noon Tuesday. The cost is \$40 and includes supplies. Bring a 5x7 or smaller photo to frame.



Glitter Easter egg class

Use lunch breaks to
make
a glitter Easter egg
noon-1 p.m.
April 9 and 16.
The cost is \$10 and
includes supplies.

Custom photography sessions

Schedule an appointment to have spring pictures taken at the skills development center.

Youth Center **687-5586**

B.R.I.D.G.E.

Five- through 12-year-old children of deployed military members can participate in games 3-5 p.m. Saturdays. Call 687-5586 each Monday to make reservations. This is a free event.

Before- and after-school program

The youth center has openings in the before- and after school programs 6:30-8:15 a.m. and 3:10-6 p.m. weekdays. Care is provided on out-of-school days and early out days, except federal holidays. Program fees are based on total family income. Call for more details.

Flashlight Easter egg hunt and party

Kindergartners through fourth graders can hunt for Easter eggs at the youth center 6:30-9:30 p.m. April 11. The cost is \$5 for members and \$7 for nonmembers. Bring a flashlight with your child's name printed on it.

Torch club meeting

Fifth through seventh graders meet 5-6 p.m. Saturday to discuss fund raising ideas and community service. This is a Boys and Girls Clubs of America program.

Start Smart baseball

Three- through 5-year-olds can learn basic baseball skills 9-10 a.m. Mondays and Wednesdays. The cost is \$20 per child and includes manual and snack. Sign up through April 18. The season runs April 21-May 14.

Swimming

Fifth through seventh graders can swim at the Warrensburg Community Center pool 2-5 p.m. April 12. The cost is \$5 for members and \$6 for nonmembers. Sign up by Thursday. The event is limited to the first 16 paid youth. Bring extra money for dinner at McDonald's.

Can't B-2 Cool

Requests for summer care are accepted now through April



15 for the school-age program. The cost is based on total family income. The camp is to be available for children who have completed first through sixth grade.

Fitness Center **687-5496**

Bench Press the B2

Join the fitness center for "Bench Press the B-2" Tuesday through June 30. Participants can use free weights to lift 350,000 pounds of accumulated weight. Win a European full-body massage, sponsored in part by Darlene Gobel, L.M.T. No federal endorsement of sponsor intended. Call for more details.

Teen Center **687-5819**

Meet Mizzou day

Teens can attend sessions on college admission, financial aid, residential life and campus dining at the University of Missouri in Columbia, Mo., 8 a.m.-4 p.m. April 19. The cost is \$5 for members and \$6 for nonmembers; the price includes transportation and lunch. Sign up by Thursday.

Flicks and bowling mix lock-in

Teens meet 10:30 p.m. April 25-6 a.m. April 26 at Stars & Strikes for a lock-in. Enjoy bowling and a midnight movie at the base theater. The cost is \$10 for members and \$12 for nonmembers. Sign up by April 15. Refreshments will be available for purchase.

Mission's End **687-4422**

\$1 breakfast

Current club members can enjoy breakfast 6-8 a.m. April 15 for \$1. The meal includes scrambled eggs, sausage, biscuits, gravy, fried potatoes, coffee, juice and pastry.

Outdoor Recreation **687-5565**

Wall class

Become certified to climb the 20x20-foot indoor climbing wall free 1-3 p.m. April 12. Enjoy open wall climbing 5:30-9 p.m. April 11 and 25.

Boater safety course

Receive certification to rent a boat at outdoor recreation 9-11 a.m. April 12. The free class is required to operate boats from outdoor recreation.

Intramural fishing tournament

Bass fishermen can sign up for the intramural bass fishing tournament Thursday. Check-in time is 12:15 -12:50 p.m. Fishing begins at 1 p.m. at Long Shoals Marina in Warsaw, Mo. The cost is a \$20 one-time entry fee. For a copy of the rules and to register, visit or call outdoor recreation.

Royal Oaks Golf Course **687-5572**

1040 Scramble

Golfers can enter the 1040 three-person scramble with an 8 a.m. shotgun start April 12. The cost is \$10. Greens fee and cart are not included.

Tax day fun run

Runners or walkers can participate in a free 5K tax day fun run noon-1 p.m. April 15. Sign up at the fitness center by April 14. Win prizes! Refreshments will be provided.

Ozark Inn **687-5476**

Family night

Families of deployed members can dine 4-8 p.m. Tuesdays. A surcharge will be applied to families of staff sergeants and above. Prices vary. Special children's meals are available. A movie on the big-screen TV will be played. Bring a copy of your deployed spouse's orders on the first visit.

Community Center **687-5617**

Family night pajama party

Families can wear pajamas to participate in games and watch movies 6-9 p.m. Saturday. Enjoy games like pajama contest, hair roll-up, bed roll-up, make-up mom, bedtime stories and more. This is a free event. Prizes will be awarded and refreshments will be served.

Pool tournament

Airmen can participate in a pool tournament beginning at 7 p.m. today. The cost is \$5 per player.

Youth-n-teen flea market

Youth and teens can buy, sell or trade clothing, toys, games or books in good condition 1-4 p.m. April 12 at a flea market. Youth 15 and younger must be accompanied by an adult.

See Bonner Springs

Travel to Bonner Springs, Kan., 10 a.m.-6 p.m. April 26 to tour the Kansas Speedway, Cabelas Outdoor Store then ride go-carts at Naskart Indoor Racing. The cost is \$15 for adults and \$10 for children. Bring extra money for lunch and shopping. Naskart go-carts cost \$12.50 for each 15 minutes. Sign up by April 16.

Salsa dancing

Learn salsa dancing 7-8 p.m. Fridays. No partner is needed. The lessons are free.

Whiteman Base Theater

Friday

Deliver Us From Eva R 7 p.m.

Starring -- L.L. Cool J. and Gabrielle Union
Hardened by her parents' deaths, Eva gives up her dreams to provide for her three sisters. The three sisters honor and obey Eva's everyday decisions, often at the expense of their self-absorbed men. Fed up, the three men conspire to rid themselves of Eva.

Saturday

The Jungle Book 2 G 3* & 7 p.m.

***The cost is 50 cents for children of deployed members**
Animated
Mowgli gets restless and decides to return to the "bare necessities" of jungle life, leaving behind his new girlfriend, Shanty. Mowgli's old nemesis, Shere Khan, is out for revenge. Can Mowgli count on Baloo and the old crew to avoid Khan's lethal claws?

Sunday

Adaptation R 5:30 p.m.

Starring -- Nicolas Cage and Meryl Streep
The true story of a plant dealer and three Seminole Indians who conspired to clone rare orchids and sell them at exorbitant rates to plant collectors.

Adults \$3 Youth \$1.50
Movie recording line 687-5110.
Movies are subject to change due to availability.

HAWC offers nutrition, behavior classes

The health and wellness center offers various nutrition classes to help base members stay healthy.

BWELL — or Bettering Wellness Education for a Longer Life — classes at 2 p.m. Thursdays in April at the HAWC. They include:

- ✓ The nutrition in weight loss class offers in-depth training on the principles of healthy nutrition. The class focuses on the food diary and its usefulness when coupled with a variety of dietary strategies. Teaching includes information on the food guide pyramid, daily calorie and fat intake, and service sizes along with a customized calorie intake and meal pattern for. The class also offers tips for lower-fat food choices while eating out, healthy shopping and snacking.

- ✓ Students attending the exercise in weight loss class receive basic tips for safe exercise. Basic fitness principles focus on techniques for maximum effectiveness of cardiovascular activity for burning fat, losing weight and improving overall health. Personal counseling is available upon request.

- ✓ The behavior change class addresses the psychology behind habits and offers helpful tips on beating the mental roadblocks hindering permanent life changes. Lifestyle change includes a balance of physical, emotional and spiritual health. This class helps ensure that balance.

Disease management classes begin at 1:30 p.m. Wednesdays at the HAWC. They include:

The diabetes management class which offers a basic overview of the physiological aspects of diabetes. Students also learn about carbohydrate distribution, the role of protein and fat, calorie balance, sodium and fiber consumption. Students are given a meal pattern, exchange book and food diary.

For more details or to register for a class, call Staff Sgt. Matthew Normand at 687-2245. (Courtesy of the health and wellness center)



Courtesy photo

Diet therapy craftsman Staff Sgt. Matthew Normand, health and wellness center, gives Katherine Broderick a diet counseling briefing.

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